



## Microneedling Post-Treatment Guidelines:.

- Try to avoid excessive sun exposure, such as tanning and sunbathing, for at least 10 days to avoid risk of hyperpigmentation and sensitizing the skin.
- Do not apply makeup immediately after treatment. Continue to wear SPF 30+ daily.
- On the day of your treatment, gently cleanse your face before bedtime with a gentle cleanser and tepid water.
- Use serums and the recommended skincare products per your skin therapists' directions.
- Avoid exercise that may cause you to perspire, saunas and swimming for at least 48 hours after treatment.
- Avoid immediately using active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.) for at least 3-5 days.